



## **Our School Vision**

**In our school:**

**we love deeply, respecting everyone and treating them with dignity;  
we aspire with confidence, working hard and embracing challenge;  
we serve God and our community, following the example of Jesus, to create a better world.**

*“Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us.”*

**Ephesians 5:2 (NLT)**

**Our School Values: Love, Aspiration, Service**

***Latymer All Saints C of E Primary School  
Mental Health and Wellbeing Policy 2025***

The Latymer All Saints Wellbeing Policy is monitored by the Governing Body and will be reviewed every two years unless changes in legislation dictate otherwise.

Approved by: Governing Body

Date: March 2025

Review date: March 2027

*This policy must be read in conjunction with: Latymer All Saints C of E Primary School Child Protection and Safeguarding Policy; The Equality Act 2010; Keeping Children Safe in Education; Behaviour in Schools: Advice for headteachers and school staff; Searching, screening and confiscation: advice for schools; Special Educational Needs and Disability (SEND) Code of Practice; Department for Education January 2016 and takes into account; Use of reasonable force in schools.*

*All these policies respect the impact on equality and the possible implications for children and staff with protected characteristics.*

## 1. Introduction

At Latymer All Saints C of E Primary School, we are dedicated to supporting the mental health and wellbeing of our pupils, staff, and the wider school community. We strive to create an inclusive and nurturing environment where every individual feels safe, valued, and supported. Recognising the diverse challenges faced by our community; including socio-economic pressures, cultural diversity, and varying access to resources. We believe that mental health is as crucial as physical health and is fundamental to our ability to thrive. Our Christian values of Love, Aspiration, and Service guide our approach to mental health and wellbeing.

We adopt a whole-school approach to mental health, integrating emotional wellbeing strategies into our curriculum, daily practices, and overall ethos. Our school aims to build resilience, enhance emotional literacy, and provide early intervention for those facing mental health challenges.

## 2. Aims of the Policy

The aims of this policy are to:

- **Promote Positive Mental Health:** Provide a clear framework for promoting positive mental health and wellbeing for pupils, staff, and the wider school community.
- **Early Identification and Support:** Ensure early identification of mental health concerns and provide appropriate, timely support tailored to individual needs.
- **Foster Open Discussion:** Foster a culture where mental health is openly discussed, and stigma is actively challenged. We aim to create a language around mental health that is accessible and relatable for all.
- **Structured Support Systems:** Offer structured support systems through school practices, pastoral care, and external partnerships, ensuring that all members of the school community know how to access help.

## 3. Legal Framework

This policy is guided by several legal frameworks to ensure that the school meets its statutory obligations while promoting mental health and wellbeing:

- **Children and Families Act 2014:** Supports children with special educational needs and disabilities (SEND), ensuring equal access to education and appropriate support services for those with mental health needs.
- **Education Act 2002:** Places a duty on schools to safeguard and promote pupils' welfare, including mental health.
- **Mental Health and Behaviour in Schools Guidance:** Provides guidance on identifying and managing mental health needs with an emphasis on early intervention.
- **SEND Code of Practice 2015:** Ensures tailored support for children with SEND, including mental health challenges.
- **Keeping Children Safe in Education (KCSIE):** Treats mental health concerns as safeguarding issues, mandating appropriate referrals to external agencies.
- **Equality Act 2010:** Protects pupils from discrimination based on mental health, ensuring inclusivity and equal access to education.
- **Public Sector Equality Duty:** Requires schools to eliminate discrimination and advance equality of opportunity, fostering a supportive environment for mental health.
- **Data Protection Act 2018 and GDPR:** Ensures confidentiality and care in handling sensitive mental health information, with clear protocols for information sharing.

#### 4. Application of this Guidance

The Government's Framework for Improving the Mental Health of Babies, Children, and Young People outlines modifiable factors that influence mental health outcomes. Our policy reflects the following practices:

##### School Environment:

We will create a nurturing and inclusive environment that promotes emotional and social development. This includes:

- **Positive Relationships:** Encouraging strong, respectful relationships between students, staff, and parents.
- **Wellbeing Initiatives:** Implementing whole-school wellbeing initiatives, such as mindfulness sessions, social skills groups (Success Club), and emotional literacy workshops (Starfish Project). Also work in collaboration with Enfield Young Minds (MYME) who deliver inset for teachers, workshops for parents and emotional literacy groups for children.
- **Outside Agency Support:** Where children and families need greater support, the school can refer to the following agencies:
  - Educational Psychology Service
  - External Play Therapist
  - SWERRL (strengthening wellbeing, emotional health, relationships and readiness for learning)

- School Nursing Team

### **Parental and Community Engagement:**

We actively engage parents and caregivers through workshops, newsletters, and events focused on mental health and wellbeing. We will:

- **Provide Resources:** Offer resources and signposting to external services that support mental health.
- **Parent meetings:** Pastoral support team offer parents meetings to discuss mental health topics, share experiences, and foster a supportive community.

### **Early Intervention:**

Our staff will receive ongoing training to identify early signs of mental health concerns, including:

- **Assessment Tools:** Using assessment tools and strategies to support children showing signs of emotional distress. Such as the Boxall profile, the strengths and difficulties questionnaire and also use a speech and language screener, which focuses on social communication.
- **Referral Processes:** Clear referral processes to ensure timely intervention and support from mental health professionals as needed.

### **Curriculum Integration:**

Mental health education is integrated into the curriculum through PHSE and the Heartsmart programme to teach pupils about emotional wellbeing, resilience, and coping strategies. This will include:

- **Age-Appropriate Resources:** Using age-appropriate resources that help children understand their feelings and develop healthy relationships.
- **Social and Emotional Learning:** Incorporating social and emotional learning (SEL) into PSHE lessons to help children build essential life skills.

### **Staff Wellbeing:**

We recognise that staff wellbeing is essential for a positive school environment:

- **Working on developing a healthier work/life balance** examples include – Wellbeing days, additional PPA for given initiatives.
- **Provide Support:** Signposting staff to resources for to manage their mental health, including access to counselling and stress management workshops.
- **Create a Supportive Culture:** Encourage a culture of openness and support among all staff members, allowing for discussions about mental health and wellbeing.

### **Monitoring and Evaluation:**

We will regularly monitor and evaluate the effectiveness of our mental health initiatives by:

- **Feedback Mechanisms:** Using feedback from pupils, staff, and parents to guide our practices and ensure we meet the needs of our community.
- **Regular Reviews:** Conducting regular reviews of this policy to reflect changes in legislation, best practices, and the evolving needs of our school community.

### **Supportive resources**

- [Childline - Calm zone](#)
- [NSPCC](#)
- [Mentally healthy schools](#)
- [Place2be-supporting your child's mental health](#)
- [Young Minds](#)
- [Mind.](#)
- [Minded](#)
- [Mental Health - children young people and families](#)

**Sources of relevant support include:**

If concerns are raised by any members of our school community, they can seek support from the following members of school staff:

- Senior Leadership Team
- Safeguarding/Child Protection Lead and safeguarding team
- PSHE Lead who ensures the effective application of a mental health aware curriculum, incorporating themed weeks/days eg Mental Health Week and Anti-bullying Week.
- School support staff who are trained to recognise and manage mental health needs of our children.
- SENCO who helps staff understand their responsibilities to children with special educational needs and disabilities (SEND), including children with social, emotional and mental health needs.

Latymer All Saints C of E Primary School ensures access to appropriate support systems, including:

- Pastoral Support Team: A dedicated team available to provide emotional support and guidance to pupils in need. Our team includes trained staff who can offer a listening ear and refer children to additional support services when necessary (as mentioned above).
- External Partnerships: Collaborations with local mental health organisations, such as:
  - Mind in Enfield (Tel: 020 8366 3677, Website: [mindinenfield.org.uk](http://mindinenfield.org.uk)), and Young Minds (Tel: 0800 802 5544, Website: [youngminds.org.uk](http://youngminds.org.uk)) will provide additional resources and expertise for our pupils and their families.
  - MYME is available in Enfield schools and run by Enfield CAMHS.  
Address: Enfield CAMHS, Bay Tree House, Christchurch Close, Enfield EN2 6NZ.  
Phone Number: 0208 213 7776  
Email: [beh-tr.enfieldcamhsmhst@nhs.net](mailto:beh-tr.enfieldcamhsmhst@nhs.net)

- **Local Facilities:** We encourage families to access services such as Barnet, Enfield and Haringey Mental Health NHS Trust (Tel: 020 8702 3300) for comprehensive mental health support tailored for both children and adults.
- **Support Services in Edmonton:** The Edmonton Community Health Centre (Tel: 020 8807 4040) offers a variety of health services, including mental health support, for families living in the area.